

#### **School Breakfast**

#### Why Have School Breakfast?

Not only does school breakfast help nourish the bodies of hungry

children as they begin the school day, but it also nourishes their minds. Studies have shown that kids who eat breakfast at the start of the school day have a general increase in math and reading scores as well as increased speed and memory in cognitive tests. Kids who eat school breakfast also have a lower rate of absences and tardiness and decreased



behavioral and psychological problems. Providing school breakfast for kids helps prepare them for a full day of learning in the classroom.

#### **Universal Free Breakfast**

## Why Universal Free Breakfast?

Many kids who are eligible for free or reduced price meals do not wish to participate in the program afraid that they will be identified in the stigma that only "poor kids eat school breakfast." Allowing breakfast to be free to all students not only gets more students involved in the breakfast program but it also breaks the stigma that the program is only for children who can't afford to eat breakfast at home and rely on free meals at school. Also many families, regardless of income, don't have enough time sit down and eat in the morning, making school the only place for their child to get a nutritious breakfast.

## **Universal Free Breakfast (cont.)**

#### How Does It Work?

Universal Free Breakfast offers free breakfast to <u>all</u> students regardless of their eligibility status. This is a good choice for schools that have over 75% Free and Reduced Price (FRP) eligibility.

#### Does It Cost More?

The cost of this program varies from school to school. Many schools have found that the increased participation in the program creates an increase in reimbursement from the USDA which covers the cost for all students to eat breakfast. To determine if universal free is a feasible option for your school, use this "break even" calculator: <a href="http://www.generalmillsfoodservice.com/HomeRRCalculator.aspx">http://www.generalmillsfoodservice.com/HomeRRCalculator.aspx</a>

#### What Breakfast Model Works Best with Universal Free?

Providing breakfast free to all students is beneficial regardless of

what breakfast program it is paired with. However, there are some breakfast programs that pair better with a universal free program. Breakfast in the Classroom and Grab and Go are both breakfast models that have been proven to dramatically increase participation within the school breakfast program particularly when meals are served free to all students. You can find more information on both of these models in this booklet!



#### **Breakfast In the Classroom**

#### **How Does It Work?**

Students eat breakfast in their classroom after the official start of the school day. The breakfasts are served as already portioned, easy-to-eat, and easy-to-clean food items such as muffins, cereal, fruit, burritos, juice and milk. It takes about 10-15 minutes to set up, eat and clean-up. The food service staff should provide each classroom with a roster (or some other form) to take an accurate meal count at time of service.

#### Does It Take Time Away From Teaching?

Teachers use this time to make morning announcements, take attendance or use the time as a learning experience by asking the kids questions about the food they are eating and where it came from.

#### **Does It Take More Time to Prepare the Meals?**

Often, the cafeteria staff chooses to begin preparing breakfast the afternoon before. Non-perishables can be placed in crates in advance and milk can be packed in coolers and put in a walk in fridge so it is easy to access the next morning. This will cut down on the amount of breakfast preparation needed to be done in the morning before the children arrive.



# **Breakfast In the Classroom (cont.)**

### <u>How Does the Food Get to the Classroom?</u>

Schools can have food service staff deliver breakfast to each classroom, or each class can choose a representative to collect the food and bring it to the class before school begins. Carts, crates, or coolers can be used to transport breakfast from the cafeteria to the classroom.



### **Does This Cause More Trash For the Custodians?**

Classrooms should be equipped with sturdy trash bins to hold the breakfast trash. This bag can either be left until the end of the day to



be taken out when the custodians clean the classroom or can be tied up and put in the hallway right after breakfast to make it accessible for custodial staff to pick up. There will still be trash, but instead of cleaning an entire cafeteria in the morning before lunch, the custodian only needs to worry about the classroom trash bags. Each room should contain

cleaning supplies such as a spray cleaner, sponge and paper towels in case of a spill.

#### Grab and Go Breakfast

#### **How Does It Work?**

Before the students arrive, bags of breakfast are set up on carts or tables in a busy intersection, near the front door, or in the cafeteria



for students to grab and eat while walking to class or talking with friends before class starts. This model is often seen in middle schools and high schools rather than the elementary schools. Older kids like the freedom of being able to wander with their breakfast.

#### <u>Does It Take More Time to Prepare the Meal?</u>

If breakfasts are being set up in bags there is the extra time added that it takes to assemble the breakfast. Most of this can be done in the afternoon the day before, leaving the perishable products for the morning.

#### Does it cause more trash for the custodians?

Rather than breakfast trash being centralized in the classrooms or the cafeteria, this style does cause there to be more trash through out the school. It would be a good idea to hold a meeting with the administration and teachers to ask for their help in encouraging kids to put their trash in the cans provided around the school rather than littering it in the hallways and grounds. Remind kids as they grab their breakfast to throw it away when they are done. Maybe add more garbage cans in the hallways so they are more accessible for kids as they walk to class.

## **Breakfast After 1st Period**

#### **How Does It Work?**

Breakfast after 1<sup>st</sup> period works just like Grab and Go only it is after the first class of the day. This gives kids who arrived just before, or after the school bell rings or who aren't hungry first thing in the morning the opportunity to still have a breakfast.

### Is There Enough Time Between Classes?

The students grab their breakfast as they walk to their next class and eat it while in their second period. As long as the food service team is organized and ready for this quick meal service this process should not take more time than the break period between classes. It is helpful if the breakfast station is located in a high traffic area that students pass on their transition between classes. Some schools cut a minute or two off of each class in order to extend the time between 1<sup>st</sup> and 2<sup>nd</sup> period giving the students a longer "breakfast break."



### **Best Practice Schools to Contact**

#### **Ronan High School**

Breakfast model: Grab-n-Go Marsha Wartick Food Service Supervisor

#### Fromberg K-12 School

Breakfast Model: Grab-n-Go Heather Foos Head Cook

#### Ennis K-12 Schools

Breakfast Model: Grab-n-Go Tammy Wham Head Cook

#### **Corvallis K-12 Schools**

Breakfast Model: Grab-n-Go Kathy Martin Food Service Director

#### Winnett K-12 Schools

Breakfast Model: Breakfast after the bell Barabata Lea, Head Cook Phone: (406) 429-2251

#### Hawthorne Elementary

Breakfast model: In Classroom
Ed Chirstensen
Food Service Supervisor

#### Manhattan Schools

Breakfast Model: In Classroom Rhiannon Reardon Head Cook

#### **Victor Schools**

Breakfast Model: Grab-n-Go Suzy Sherrill Co-Kitchen Manager

#### If you have any questions feel free to contact:

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